



Hebrews 4v1-13

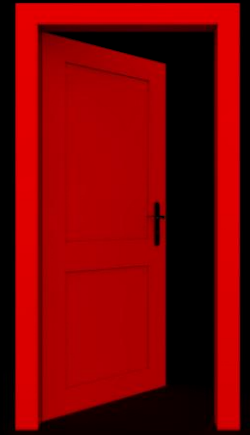
A SABBATH REST

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Heb 4v1: Therefore, since the promise of entering his rest still stands...



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Heb 3v19: So we see that they were not able to enter, because of their unbelief.



1) What is the rest?

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- **Rest in creation**

V4: For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.”

1) What is the rest?

- **Rest in creation**

Genesis 4v12: When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.”

1) What is the rest?

- Rest in creation
- **Rest in the OT**

V5: “They shall never enter my rest.”

1) What is the rest?

- Rest in creation
- **Rest in the OT**

V8-9: For if Joshua had given them rest, God would not have spoken later about another day. ⁹ There remains, then, a Sabbath-rest for the people of God...

1) What is the rest?

- Rest in creation
- Rest in the OT
- **Rest in Jesus**

V3: Now we who have believed enter that rest...

1) What is the rest?

- Rest in creation
- Rest in the OT
- **Rest in Jesus**

Mt 11v28: “Come to me, all you who are weary and burdened, and I will give you rest.”

1) What is the rest?

- Rest in creation
- Rest in the OT
- Rest in Jesus
- **Rest in the new creation**

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V9: There remains, then, a Sabbath-rest for the people of God;

1) What is the rest?

- Rest in creation
- Rest in the OT
- Rest in Jesus
- **Rest in the new creation**

V11: Let us therefore make every effort to enter that rest...

2) How do we enter?

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V1: Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

2) How do we enter?

V2: For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.

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Hearing + **Believing** = Resting

2) How do we enter?

V7: “Today if you hear his voice, do not harden your hearts.”

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V7: “Today if you hear his voice, do not harden your hearts.”

V12: For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

The promise of entering into and enjoying God's rest still stands...

- We enter through faith
- We continue through faith

Mt 11v28: “Come to me, all you who are weary and burdened, and I will give you rest.

